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Peaks Island Star, 2018

Peaks Island Star

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### Peaks Island Star : February 2018, Vol. 38, Issue 2

Service Agencies of the Island

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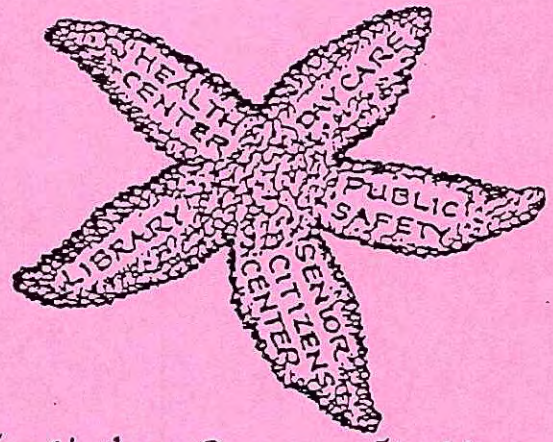
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# Peaks Island STAR

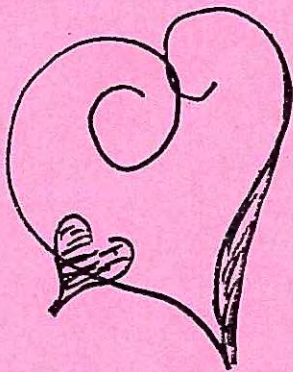


Newsletter of the Island's Service Agencies & other Community News

February 2018

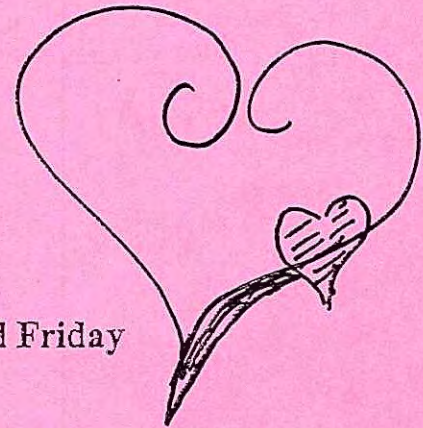
Volume 38

Issue 2



Peaks Island Health Center  
87 Central Ave. P.O. Box 52

Hours: Monday, Wednesday and Friday  
8:30 AM to 3:00 PM



Kitty Gilbert, Family Nurse Practitioner, provides care for all ages.  
Please call either 766-2929 or 874-2466 for an appointment.

## Influenza Report from the Health Center

Kitty hasn't seen a case of influenza – yet.

The most important recommendations surrounding the flu:

1. The flu vaccine is still recommended, until the beginning of March, as the best preventive measure. PIHC has the vaccine available.
2. Wash your hands frequently.
3. Consider medical treatment to attenuate severity. Early flu symptoms: sudden or excessive fatigue, body aches and chills, persistent cough, sore throat, fever, GI upset. These symptoms are much the same as a cold, but they can escalate quickly. Children and people who are medically compromised are especially vulnerable.
4. Stay at home. If you become sick with the flu, you can spread it for up to 10 days.



**St. Christopher's Catholic Church**

Rector: Father Greg Dube at 773-7746

Sunday Mass is at 10 AM each week throughout the month. Details for other Masses in Portland are at <http://www.portlandcatholic.org/> For questions concerning Baptism, Reconciliation & Marriage, please contact Father Greg.

Lent Begins with Ash Wednesday on February 14th.

Rosary: The Scripture Studies Group invites all to pray the Rosary for special intentions and world peace at 9:30 AM before Mass each Sunday.

AA meets Wednesdays from 6:15 to 7:15 PM in the Parish House.

Share Scripture with Islanders from 9:30 to 11 AM each Wednesday in the Parish House on Central Avenue.

***Brackett Memorial United Methodist Church***

*We are a Welcoming, Inclusive, and Reconciling Congregation*

9 Church Ave; 207-766-5013; [brackettnumc@gmail.com](mailto:brackettnumc@gmail.com); [www.brackettnumc.org](http://www.brackettnumc.org)

Rev. Angela Rotherham, Pastor



Anyone is welcome to join any of our worship, fellowship, or mission opportunities.

Sunday Morning Worship at 10am. Followed by an informal time of food and fellowship in the church hall.

Adult Scripture Study Tuesdays, 10:30-noon and Wednesdays, 7-8:30pm in our Church Family Room

Prayer Shawl Ministry Fridays, 10:30-noon in our Church Family Room.

Peaks Island Food Pantry at Brackett Church, Mondays, 3:30-5pm.

Weights with Rebecca Tuesdays and Fridays, 7-8:30am. To register contact Rebecca: 776-5547.

Yoga with Rebecca Tuesdays and Fridays, 9-10:30am. To register contact Rebecca: 776-5547.

Tai Chi with David Wednesdays, 10:30am-noon. To register contact David: [dshandwerker@gmail.com](mailto:dshandwerker@gmail.com)

**SPECIAL EVENTS IN February:**

**Contra Dance** – Friday, February 2 from 6-8pm at the Peaks Island Elementary School. We are pleased to be able to co-sponsor this community event through our Good Works Grant. All proceeds to benefit the After School Academy. Cost is \$5/person or \$20/family. Dances are simple, called and joyful. No experience and no partners necessary. Fun for ALL AGES!

**Cribbage Fun** – Join us on Thursday, February 15 from 10:30-noon in the Brackett Church fellowship hall for some cribbage fun. Beginners and experts are all welcome for a morning of friendly games.

**Lent Events** – Lent begins Ash Wednesday, February 14. This year our theme for Lent is “Give it up for the Earth.” We will be focusing on climate justice and earth stewardship with our Lent worship series on Sunday mornings and a special Bible Study using the book, “Green Faith” by Fletcher Harper (foreword by Bill McKibben). Our study goes over 8 weeks beginning February 6/7 and you may choose to attend Tuesday mornings (10:30-noon) or Wednesday evenings (7-8:30) or some combination of both.



## **Come Dancing on Friday, February 2nd, 6-8**

By Renee Serio, Teacher Leader  
Peaks Island Elementary School

We will have our second Contradance of the year with a live band on Friday, February 2nd from 6:00-8:00 in the Peaks Island Elementary gym. The cost is \$20/family or \$5/person. Pizza and drinks will be sold, as well. We hope to see you and your whole family there! Please contact Jonathan Downs, After School Director, at the school for more information.

### **Calling Islanders to help with our chicken care, February vacation, 2/17-2/25**

On island during school vacation week and looking for an easy job with very funny animals? Consider volunteering to feed and water our school chickens from Saturday, February 17-Sunday, February 25th. If you wish to support this school in this area, please contact Renee Serio at the school at 766-2528. Thank you in advance for helping our school children be able to keep this project growing.

## **Peaks Island Fund**

The Peaks Island Fund is working this winter to make the spring grant application process easier and clearer for island non-profits. Look for a much shorter application! And March 17th we will again hold our breakfast for island non-profits to learn about the fund and new programs we are offering, ask questions about applying and meet fund advisors. More details to come in the February STAR.

### **FRIENDS OF TEIA**

The Board of Friends of TEIA thanks all in the Peaks Island Community, our local Businesses and TEIA members who donated to Friends of TEIA's Campership Fall Appeal in 2017. Last summer 46 island children received camperships and participated in TEIA's camps of sailing, tennis, kids camp and the preteen programs learning new skills and making new friends. It could not happen without your generosity.

Over the next months look for information in the STAR about Friends 2018. You may also contact Stephanie at sealights99@aol.com to answer any questions.

## PEAKS ISLAND TAX AND ENERGY ASSISTANCE

Forecasters predicted a cold and snowy winter but did those who predict the weather really mean it would be this cold! PITEA has received a few more energy requests than normal but we are prepared to assist all Islanders who need help to pay their energy bills. Last fall we raised the amount of energy specified on each application to \$325 to meet the rising cost of energy. \$300 just did not buy enough oil, propane or diesel fuel.

Last December we received some wonderful donations from year-round and summer residents that will certainly help us to meet Islanders request for assistance. Our January Soup and Salad Loaf and Ladle Dinner was a rousing success and raised \$536.50! THANK YOU to PITEA Board Members and Barnabas Johnson who provided all the food. We all had such a good evening with plenty of delicious food and good company. Folks even arrived after watching the Patriots game!

Calling all artists! Painters, sculptors, potters, drawers, printmakers, photographers, authors - PITEA is teaming up with Brackett Church to host a fundraiser, "Art and Appetizers" on Monday evening, Feb. 12. Would you like to participate by adding a piece or two of your art for which you would receive 60% of the selling price. The artists will set minimum bid). PITEA and Brackett Church would each receive 20%. With a few paintings and prints that have been donated over the past several years PLUS your work we hope to have an exciting live auction ( Todd Ramage-Healy has volunteered to be the auctioneer!!). For more information please call Toookie Harris (518-9532, Doug Smith (766-3015) or Megan Selby (561-358-6809). Watch for more information!

PITEA would like to thank Pastor Angela Rotherham and the members of the Brackett Memorial Church for opening their social hall for us to hold our fundraisers. We are so grateful and do appreciate their generosity.

Tax bills will be sent out in February. We anticipate a few more requests because of the budget busting costs of energy. Applications will be available at the Peaks Island Library and must be approved by the Clergy before March 3 so that we can go to City Hall and pay the property tax bills.

As always, neighbors or friends may fill out energy or tax forms if they believe that families are in need and give the applications to one of our clergy who have taken on the responsibility of approving requests for assistance. We will never be able to thank them enough for their help.

Please remember that our police officers and firemen are more than willing to do wellness checks. Give them a call if you are concerned about a neighbor on the Island. It is so important that we watch out for one another.

Thank you for all of your help. It takes all of our villagers to make Peaks such a great place to live.

Cynthia Pedlikin 766-0067

**DEADLINE FOR NEXT MONTH'S STAR:** Sunday, February 25, by 6pm.

Bring articles copy-ready to the library. When the library is closed, you can put them in the Book Return by the gate. When the library is open, the Book Return is locked, so bring them inside. Please do not drive onto the school yard. Thank you!

## **TEIA Scholarship for 2018 High School Graduates**

**A \$2,000. scholarship is available for graduating seniors planning post-secondary education. The student must be a Peaks Island resident and attend a high school in the greater Portland area. Applications are available at the Peaks Island Library and online by contacting Barbara Hoppin at [bahoppin@gmail.com](mailto:bahoppin@gmail.com). Applications are due by April 1st.**

**This is a great opportunity so supplement your college fund and we encourage graduating seniors to apply.**

## **Eighth Maine Memorial Association Scholarship**

If you are a graduating High School senior who resides on Peaks and are planning on furthering your education, please apply for the Eighth Maine Memorial Association (\$500.00) Scholarship. Applications will be available at the Peaks Island Library as of December 1, 2017, and must be submitted by March 1, 2018. Questions? Contact Carol Knapp, email: [mainecamp@icloud.com](mailto:mainecamp@icloud.com)

## **HOMESTART NEWS**

**First, a big Thank You to the generous Peaks community for your response to our end of year appeal. You got us to our goal of \$4500, which means we can do some needed renovations on our property at 18 Luther St.**

**Also, now that the City Housing Committee has been appointed for 2018, we are working with them to get our zoning proposals reviewed and hopefully implemented this year, with the support of our City Councilor Belinda Ray. We will certainly keep Peaks Islanders informed of the steps along the way. A first step is meeting with City Planning Director Jeff Levine at the end of January.**

**If you have comments, questions or concerns, feel free to contact any of our Board: Bill Hall, Laura Reading, Betsey Remage-Healey, Chris Roberts, or Tim Wyant. Our emails are listed on our website, [www.Peakshomestart.org](http://www.Peakshomestart.org).**



**RANDALL-MacVANE POST 142**  
**P.O. Box 118, PEAKS ISLAND, MAINE**  
legionpost142@gmail.com

## **CELEBRATE THE SUPER BOWL WITH US**

The American Legion Post lounge will open at 4:00 PM on Super Bowl Sunday, February 4th. A potluck meal of chili, meatballs and baby smokies will be available during the game (starts @ 6:30). Folks are asked to bring their favorite Game day side or a dessert to contribute to the Potluck meal. When you arrive, you'll be given a ticket for prizes to be given away at the end of each quarter; you can purchase additional tickets – 1 for \$1 and 6 for \$5. Proceeds will go to the roof fund.

Come enjoy the festivities with our members and their guests while enjoying our lounge, some good food and great Island camaraderie while rooting for the Patriots to win their 6<sup>th</sup> Super Bowl (or the Eagles to win their 1<sup>st</sup>)!!

## **Free Medical Equipment On Peaks**

Wheelchairs, walkers, crutches and other equipment are all available temporarily for free from the Health Center and St. Christopher's Parish. The equipment is stored at St. Christopher's and is provided on a first come, first served basis at no charge. Borrowers are only asked when they plan to return it and also relieve the program of any liability.

For more information, contact Kay Taylor at 766-2811 or islapicos@maine.rr.com; or David Vincent at 603-496-6989 or davidlv55@gmail.com.

## **CERT Works To Prepare For Disasters**

Did the California fires and mud slides make you think about what could happened here? Our Peaks Island Community Emergency Response Team (CERT) has been practicing to assist in Island disasters. The team is also looking for more team members. For more info, call Al Bleau at 766-0007 or 781-962-2662.

## ***Free Magazines and Books at The Legion***

*Our newly remodeled American Legion Post 142 on Welch Street is now the temporary home for the Peaks Island exchange of free magazines and paperback books. They are located at the entrance to the Post, which is open from 4 PM until closing every day except Tuesdays.*

## **February at the Peaks Island Branch Library**

766-5540 email: [peaks@portlandpubliclibrary.org](mailto:peaks@portlandpubliclibrary.org)

Hours Open: Tues 2-8 Wed 10-4 Fri 10-2 Sat 8-12

**First Tuesdays Book Discussion** will meet at St. Christopher's parish community room. All are welcome. Meetings start at 7pm.

February 6 – *Small Great Things* by Jodi Picoult. March 6 – *A Sudden Great Country* by Karen Fisher. If you need a copy of the books, call, email or come to the library. Everyone is welcome at any meeting. It's fine to attend just the ones that interest you.

**Middle School Book Club** will meet on Tuesday, February 20, in the Brackett Memorial Church Hall at 5:45 pm. We celebrated our 4th birthday in January with cake and friends. We will have treats, great conversations and enjoy each other's company. Invite a friend to come with you.

### **Weekly Children's Programs:**

Preschool Story Time, Wednesday at 10:15

Infants and Toddler Time, Friday at 10:15

**Friends of the Peaks Island Branch Library:** If you're on Facebook, you can see library renovation construction pictures and keep up with Friends and other library related events and information on their Facebook page: <https://www.facebook.com/FriendsofthePeaksIslandLibrary>

**PEAKS ISLAND CHILDREN'S WORKSHOP:** 71 Herman Avenue: 766-2854  
[www.picw.org](http://www.picw.org)



**THE PEAKS ISLAND CHILDREN'S WORKSHOP WILL BE CLOSED  
FEBRUARY 19<sup>TH</sup> IN OBSERVANCE OF PRESIDENTS' DAY**

PICW would like to say thank you to Ms. Ryan-Humphrey for having the pre-kindergarten class join her and her students for recess and lunch last month.

January brought unusually cold weather but our students stayed toasty warm inside learning about winter animals and playing in their ice fishing/igloo center. The pre-kindergarten class started their writing unit by learning about the beginning, middle and end of stories and each child has picked an animal to create and write a story about. While in our infant and toddler room, the littles have continued to work on their independence and growth by moving to the "Big Kid" table for meals and working on learning how to dress and undress themselves when they go outside to play.

This month we will be bringing back one of our favorite units, Letters of Love. If you would like to participate and write a special message to a child in our care, you can send your letters to PO Box 80.

PICW is accepting applications for part/full time care on our WAIT-LIST. Contact Katie at [office@picw.org](mailto:office@picw.org) for an application. The Board of the PICW is always open to suggestions and communication from the community. Please contact us through Board Chair, Judy Nelson at [kirshajak@maine.rr.com](mailto:kirshajak@maine.rr.com)



## FEBRUARY ACTIVITIES on PEAKS ISLAND

Sponsored by Portland Parks, Recreation and Facilities

All programs for adults sponsored by Portland Parks, Recreation and Facilities are now being held in the community room at St. Christopher's Church. Denise can be reached at [DLM@portlandmaine.gov](mailto:DLM@portlandmaine.gov) or you may leave a message at (207) 766-2970. Messages are checked on Mondays, Thursdays and Fridays. Denise is not available on holidays.

### WEEKLY THURSDAY GET-TOGETHERS:

#### KNIT and CHAT (St. Christopher's com. rm.)

Thursdays, February 1, 8, 15 and 22 10:45-11:45am

Join the fun as we enter our 8<sup>th</sup> year of knitting for charity. We make hats, scarves, and dishcloths; mittens are welcome too. Items are sold on Thursdays; proceeds buy socks, gloves and other items to donate, also replenish yarn supply.

#### LAUGHTER YOGA CLUB (at St. Christopher's)

Monday, Feb. 5 and March 5 10:45-11:30 am

A good laugh, either real or intentional, is good for all us. Learn how to laugh for no reason at all and gain all the benefits that laughter has to offer. Open to adults of all ages. FREE!

### CELEBRATE NATIONAL PIZZA DAY

Friday, February 9 12:00 - 2:00 pm (St. Christopher's)

Celebrate National Pizza Day with a slice or two of pizza with friends, both old and new. We will have a 4-cheese pizza as well as a Supreme (pepperoni and sausage); soda too. If you wish, bring your favorite toppings to add. Pre-registration required by Feb. 8; contact Denise. Cost is \$2

### OLD-FASHION SONGS/ HEARTFELT STORIES

Thursday, February 15 12:00 - 1:00 pm (com. rm.)

Bring your lunch to St. Christopher's and enjoy the company of others while listening to music from the past. If you have a favorite CD (or cassette tape), bring it along. Share a favorite story or poem that brings a smile to your face!

### SHOPPING: OCEAN STATE JOB LOT & MORE

Monday, February 26 12:45 pm/no later than 5:30 return

Browse/shop at the new Ocean State Job Lot, check out Goodwill, the Book Review and Shaw's. Falmouth House of Pizza is also there for those who want something to eat. Pre-registration required by Feb. 22. Contact Denise at 766-2970 or email at [DLM@portlandmaine.gov](mailto:DLM@portlandmaine.gov). Transportation fee is \$5 based on a minimum of 6 people.

### LOW IMPACT AEROBICS w/ WEIGHTS

(St. Christopher's community room)

Mondays and Thursdays 9:30 - 10:30 am

Adults of all ages welcome - FREE!

## SENIOR NEWS

One cure for cabin fever is the **February Potluck Luncheon**. Come on out to the Fay Garman House on Monday, the 12<sup>th</sup>. Please bring a dish to share and join us at noon. All Seniors are welcome!

**Chair Yoga** is at the Fay Garman House every Tuesday starting at 4 pm for about an hour. Chair yoga is a great way to relax from head to toe without the stress of getting out of your chair. There is no charge for these yoga sessions and are open to anyone who wants a quick way to stretch their body and relieve tensions.